

Spaghetti Pie

- 6 oz package spaghetti noodles
- 2 eggs
- 1 Tablespoon olive oil
- 1/3 cup grated Parmesan cheese
- 1 ½ cups tomato based pasta sauce (marinara)
- ½ cup chopped onion
- ¼ cup chopped green bell pepper
- 2 cloves garlic, finely chopped
- 2 carrots, grated
- 1 pound lean ground beef or turkey
- 1 cup low fat cottage cheese *or part skim ricotta cheese*
- ½ cup part-skim mozzarella cheese, shredded

Cook and drain spaghetti. Lightly grease a 9- or 10-inch pie plate with nonstick cooking spray. Preheat oven to 350°.

In a large bowl, beat together eggs, 2 teaspoons of the oil and Parmesan cheese until smooth. Add the cooked spaghetti and ½ cup of the pasta sauce. Toss well to coat. Form the spaghetti mixture into a “crust” in the greased pie plate. Heat the remaining 2 teaspoons of oil in a large skillet over medium heat. Cook the meat, onion, green pepper and garlic. Stir in the grated carrot until well-mixed. Remove from the heat and stir in the rest of the pasta sauce.

Spread cottage cheese over the spaghetti crust then top with the beef mixture.

Bake for 20 minutes. Sprinkle the mozzarella cheese over the top of the pie and bake for 5 minutes longer, until cheese melts.

Adapted from allrecipes.com

Changes to Fruit & Vegetable Options

As of July 1, 2015, you may purchase all types of potatoes with your WIC cash value voucher.

Tips for a healthful diet:

- Buy a wide variety of fresh fruits & veggies.
- Eat a rainbow of colors to provide key nutrients.

Save the Date. . .

Our annual World Breastfeeding Week picnic will be held in Kate Curley Park (located on the corner of Higbee Ave and 10th Street), in Idaho Falls on Friday, August 7 from 11:00 am to 1:00 pm. We will have food, games, prizes and vendor booths. Additional details to follow in our July/ August newsletter.

Prize Drawings

All WIC children who are up to date on their immunizations per The Advisory Committee on Immunization Practice (ACIP) guidelines are eligible to be put in for a monthly drawing. Each month during 2015, 5 - \$100.00 Wal-Mart gift cards will be given away to up-to-date WIC children who have been entered into the drawing. Don't forget to bring your immunization record to every visit. Give your records to our staff so they can make a copy and put you in for the drawing.

Office Closures

May 14—Staff Meeting
May 25—Memorial Day
July 3—Independence Day



WIC Newsletter

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DIETARY IRON AND HEMOGLOBIN

Iron is a mineral needed for healthy blood and to promote good health. It helps carry oxygen from the lungs to all the cells in your body. It is also an important nutrient for your brain.

Many WIC appointments involve a finger or toe (infants) prick hemoglobin test. Hemoglobin is the most commonly used test to screen for iron deficiency anemia. Anemia means that the blood has low levels of red blood cells or hemoglobin in it. A measurement of hemoglobin reflects the amount of functional iron in the body. Changes in hemoglobin concentration occur at the late stages of iron deficiency. While it is not a direct measure of iron status and does not distinguish among different types of anemia, it is a useful indicator of iron deficiency anemia.

One goal of the WIC program is to decrease iron deficiency anemia. We use hemoglobin tests as a screening tool. A low value on a hemoglobin test does not mean the individual has iron deficiency anemia. If you or your child have a low value, we will recommend follow up with a doctor.

Why Do I Need Iron?

Getting enough dietary iron will help prevent Iron Deficiency Anemia.

Pregnant women, infants and children need

extra iron. Pregnant women need extra iron stores to support the growing baby and make up for the blood they lose at their baby's birth. Infants and children need extra iron because they are growing. And as they grow, their blood supply grows. Extra iron keeps their blood supply healthy and growing properly.

Do not take an iron supplement or give one to your infant/child unless it has been recommended by your doctor.

What Is Iron Deficiency Anemia?

Iron Deficiency Anemia is caused by having too little iron in your blood. People can be anemic and not even know it. With anemia, you may feel extra tired and more run down.

A child with anemia may have a harder time learning and concentrating at school. Infants and children with anemia can have delayed motor and mental development.

If you are pregnant, the very same things can happen to your baby.

How Can I Get Enough Iron?

Every day you should eat foods that have iron in them, like meats, and fortified cereals and grains. Some women have a hard time getting enough iron while they are pregnant and may need to take an iron supplement if it is recommended by their doctor. Sometimes all of the iron in the pill may not be used by the body, so it is still im-

portant to eat iron rich foods even if you are taking a supplement.

Excellent Sources of Iron:

WIC cereal	Lentils
Baked beans	Split Peas
Dried beans, cooked	Beef

Good Sources of Iron:

Soybeans	Enriched pasta
Turkey	Enriched brown rice
Chicken	Bran muffins
Spinach, cooked	Dried peaches or figs
Baked potato with skin	

Other dietary tips:

- Try not to drink coffee or tea with your meals. They can keep your body from absorbing iron.
- Milk contains a mineral that can make it harder for your body to absorb iron, so excessive milk intake should be avoided.
- Foods with Vitamin C in them, like fruits, vegetables & 100% fruit juices, help your body use iron more efficiently.

How Does My Baby Get Enough Iron?

- Breastmilk is best!
- Iron fortified formula & cereals
- Plain strained meats (plain meats have more iron than combination dinners)